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## Ask Pam



**Q** My family love eating squid, octopus and cuttlefish, but I never know the best way to store them after purchase. Can you help?

Bernadette, via email.

**A** Clean and rinse them immediately. If it's to be eaten the same day, cover with a damp cloth in the fridge. If not, put in an airtight container and use within two days.

Got a question for Pam? Email [food@newidea.com.au](mailto:food@newidea.com.au)

## BOOKS FOR COOKS

Love Asian food and BBQs? Then this is the book for you. *Hot Plate: Asian-Inspired Barbecue* (New Holland Publishers, \$29.95) is by the chefs at Spirit House restaurant and chef's school in the Noosa hinterland. *Hot Plate* has everything you need to jazz up your next barbie!



## Cooking with incaberries

Treat your tastebuds to a tropical feast with the delicious incaberry from Ecuador. Considered a South American superfood, the incaberry is 100 per cent certified organic, has twice the dietary fibre of most dried fruits and boasts more antioxidants than the goji berry! Put them in your breakfast muesli, toss them in a salad, mix them in casseroles and stews, or add them to cakes, muffins or scones. Healthy and delicious!